



Gearing Up For Your Transitions

Special Olympics - Delaware

Special Olympics Delaware has been changing the lives of Delawareans for 40 years. Through sports training over 3,500 athletes with intellectual disabilities have proven that, given the chance, no disability is too great to overcome.

The mission of Special Olympics Delaware is to provide year-round sports training and athletic competition in 20 Olympic-type sports, giving athletes opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

The Special Olympics does not charge athletes a fee to participate and they provide the uniforms and equipment at no cost. Financial support come from fundraisers, donations, corporations, foundations and friends.

To be eligible to participate a person must meet this criteria:

- Be at least 2 years old to participate in the Young Athletes (ages 2-7)
- Be at least 8 years old to participate in the traditional Special Olympics Delaware sports programs.
- Agree to uphold the Official Special Olympics Sports Rules and the SODE Code of Conduct

All Athletes age 8 and older must have a [medical form signed by a physician](#).

If you are interested in knowing more about the Delaware Special Olympics visit their website at: www.sode.org.

[Special Olympics Delaware Fact Sheet](#)

[Special Olympics Inc. fact sheet](#)

[Special Olympics Delaware - Family Information brochure](#)

[Special Olympics Delaware - Sports Information brochure](#)

[Special Olympics Delaware - Volunteer Information brochure](#)

“GET INTO IT”

One of the programs of the Special Olympics Project UNIFY®, is “Get Into It” a strategy for youth engagement and activation that is sponsored in part by the United States Department of Education which, provides lesson plans for educators K-12. Students learn about the Special Olympics experience and all its positive messages. They will come to understand the athletes' ability to contribute to society through leadership roles both on and off the playing field. They will come to appreciate the critical role of service-learning. Most important, they will be invited to make a difference themselves.

Special Olympics Get Into It is about the world of winners called Special Olympics, but it is much more: it is a portal through which young people can discover the pathway to building a more welcoming society for all.

FREE Get Into It! Resources: Interactive [lessons](#) connecting skills from language arts, social studies, civics and more all available for free download online. In Delaware there are a few kits that can be ordered by contacting:

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www.sode.org www.plungede.org

- A Discussion Board for educators and students to share about their experiences and earn chances to win prizes at www.facebook.com/projectunify
- Engaging and powerful youth-oriented videos, and discussion starters on the Resources page: <http://tinyurl.com/GIIResources>
- GII Active: A condensed version of the lessons with a focus on physical activities and discussions designed for recess, after-school programs, homeroom, or as a supplement to inclusive sporting activities.
- - [Movies that Move](#): A collection of short clips from films and TV shows exploring themes of Different Abilities, Acceptance, Power of Words and Youth Leadership. The information includes a teacher's guide.